

Viewing and Discussion Guide – Episode 6

## Tracy – Rest in a Real Relationship with Jesus

### Tracy's Mormon Experience

1. How would you describe Tracy's childhood, adolescence, and adult years? What aspects of Mormon doctrine/culture shaped her view of herself and God in those seasons of life?

**Childhood**

**Adolescence**

**Adult Years**

2. When did Tracy first start to question Mormonism? What caused her initial doubts?

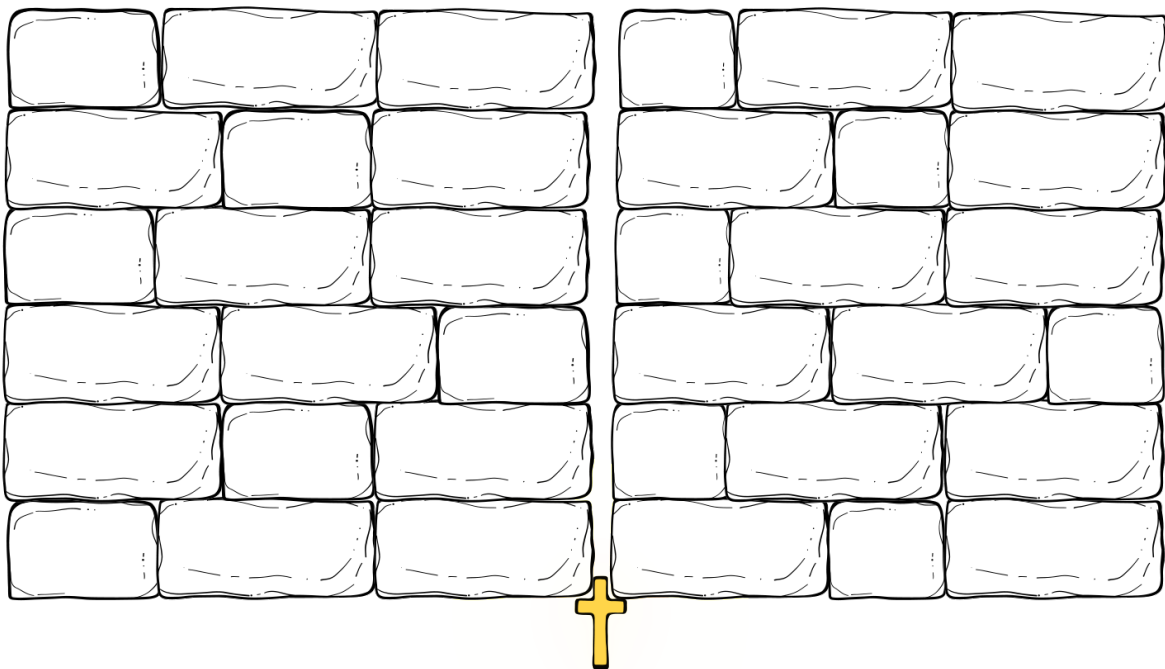
3. What were Tracy's primary stress points related to Mormonism? What issues went on her "shelf"? What questions or comments do you have about Tracy's shelf items?



4. What factors or influences kept Tracy connected to the Mormon church and culture?
5. What was Tracy's ultimate "shelf-breaking" moment? How did Tracy respond when her shelf collapsed?

### **Finding Truth in the Bible and Confidence in Christ**

6. What Bible passages or stories opened Tracy's eyes to see the truth? Why were they so impactful?
7. What biblical truths provided "rest points" or faith "foundation blocks" for Tracy?



8. How did Tracy's view of herself and God change over time? What did she learn about her sinfulness and God's grace?
  
  
  
  
  
  
  
  
  
  
9. Based on her story, how do you think Tracy would answer the question: "What does the phrase 'Jesus is enough' mean for you?"

#### **Biblical Christian Interactions and Influences**

10. What role did Christians play in Tracy's faith journey? What lessons can we learn from those Christian interactions—both positively and negatively?
  
  
  
  
  
  
  
  
  
  
11. How did **Christian resources and content** such as images, music, books, or podcasts play a role in Tracy's faith journey? What lessons can we learn from how God used those in her story?

### Applying

12. What Mormon **doctrines and practices** brought up in Tracy's story were most confusing to you? What questions or comments do you have about those?
13. What **themes** in Tracy's story stood out to you most? How could you address those themes in a conversation with a Mormon friend or family member?
14. What **similarities/differences** did you see between Tracy's story and others in this series? What do you make of those similarities and differences?
15. Which of Tracy's **experiences** could you relate to most? Why?
16. Which of Tracy's "**shelf items**" do you think would be impactful to place on other Mormon shelves? How could you bring those up in conversation and use them to provide a rest point?
17. What **key takeaway(s)** for witnessing do you want to remember from Tracy's story?